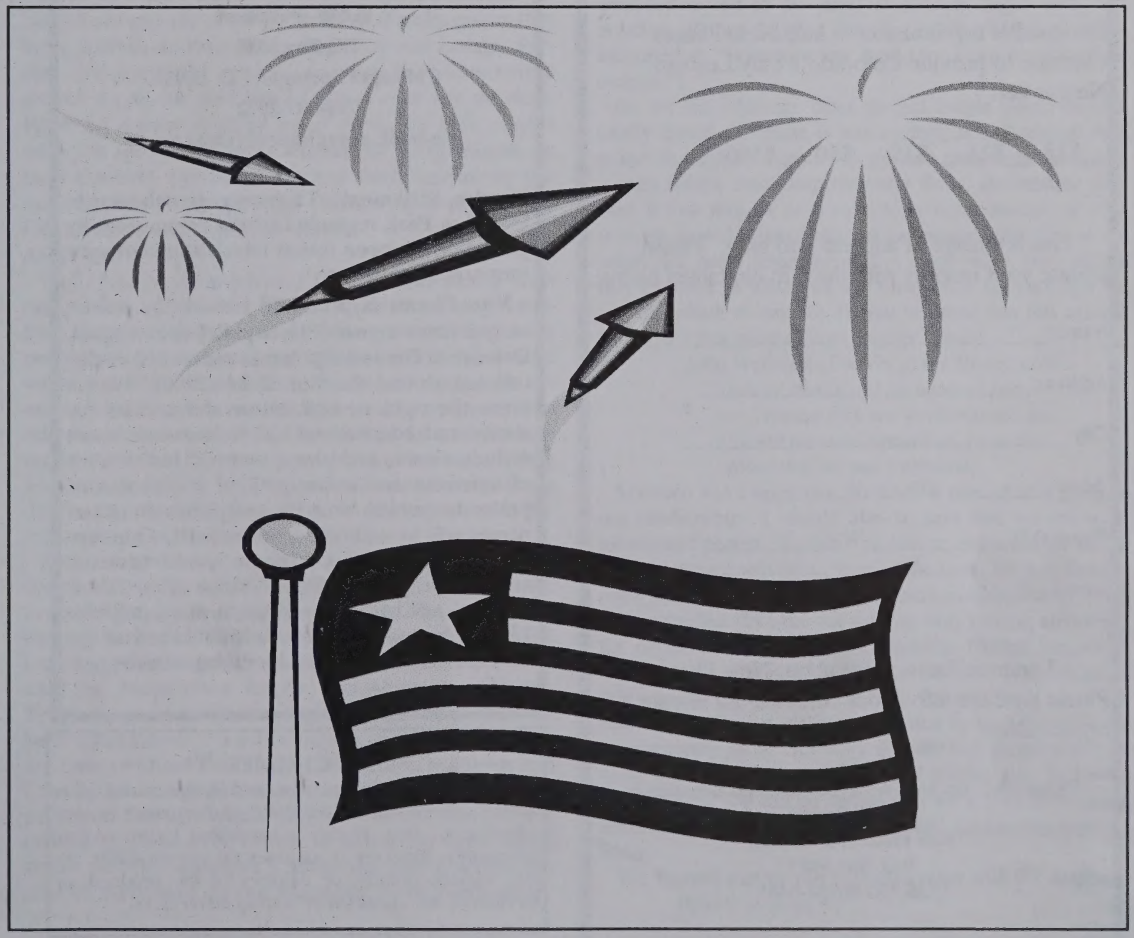
Colorado Springs' Lesbian Bi-Monthly Newsletter

# New Phazes

*TAKING PRIDE IN WHAT WE HAVE; DARING TO DREAM FOR MORE.*

Volume 12 Issue 5 June/July 1999



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6-8 Bob C.
6-9 Peggy
6-23Tonya L.
6-26 Logan
6-3 Jill
6-8 Dee
6-9 Angie
6-26 Marti
7-22 Frankie

**New Phazes**
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**Mission Statement:** To encourage cohesion in the Pikes Peak region's Lesbian community by providing an open forum which stimulates, informs, and entertains.

*New Phazes* is produced entirely by volunteers 6 times a year **(Feb, April, June, August, October & December).** Issues are mailed or distributed around the first of the month. We reserve the right to edit letters and articles for clarity and conciseness; all submissions must include a name and phone number. In the spirit of openness and community, it is *New Phazes'* policy to publish writer's complete names but names will be withheld upon request. Our support network, staff, contributors, and advertisers include lesbian and non-lesbian allies. Editorial and advertising deadline is absolutely the 15th of every month for the publication in the next month's issue. All advertising must be prepaid.

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# LOVE MATTERS

By Linda Sutton

some thoughts on lesbian love

***QUESTION:***

*My partner, Ellen, has a problem with reliability. Given that I grew up in an alcoholic family in which promises were never kept (bills didn't get paid; dinner was rarely on the table; school conferences and athletic events were forgotten), I have zero tolerance for unreliability. Ellen knows this, yet she keeps making promises that she doesn't keep. She's late more often than she's on time. She says she'll run errands--and then forgets. She promises to look for a better paying job--then doesn't. Ellen admits that she's unreliable in some areas, but she says she's here for me when it really counts (like being faithful, understanding, supportive and loving). Further, she frequently reminds me that this characteristic showed up on our first date (She was even late for that). While her defense comforts me at times, it's little comfort when I'm left waiting in a restaurant for thirty minutes. In those moments, I go into a rage and think there are no two ways about it, people are either trustworthy or they're not. What are your views on this? Nancy*

***ANSWER:***

Well, Nancy, as much as I try to avoid siding with one partner, I think that Ellen is on to something! I suspect that your painful family history is coloring your perception of trust--making it just a *tad too* black and white. I tend to think that certain kinds of trust (or areas in which trust is required) *are* more important than others and that trust should he viewed on a continuum rather than as an either/or setup. However, when Maureen and I are battling and when my heart shuts down, my thinking (like yours in the restaurant) becomes pretty rigid. To Illustrate:

Maureen and I had one of our bi-annual blow-outs a couple of weeks ago. We were getting ready for the *Love* Matters book signing, planning the post book-signing bash and, as if that weren't stressful enough, launching our *Love Matters* greeting card line. Oh yeah, and the out-of-town family was about to descend. Tension was at an all-time high (well, okay, there *have* been other times). To get through this exciting and trying time (without committing lovercide), Maureen and I made some significant promises to each other. She promised that she would take on her fair share of the tasks and make every effort to avoid her most likely stress defense—*paralysis.* I promised that I would not take on more than my fair share and make every effort to avoid my best stress defense—*hyperactivity.* Nevertheless (and quite predictably), our neurotic paralysis and hyperactivity appeared, intensified, and remarkably quickly, prevailed. Consequently (and just as predictably), all hell broke loose.

Okay, I admit it. I provoked the fight. I was mean to her. In every relationship, one partner is the overt one. It's a dirty job—but *somebody* has to do it!

Over the next several days, fighting consumed all our "spare" time. I can (kind of) make jokes about it now. At the time, though, it truly felt as if our relationship were at stake, and that's something that rarely happens between us. It wasn't just that we were pissed, off disappointed and hurt. It was much more serious than that. Each of us felt mortally wounded by the other.

I felt betrayed. Maureen hadn't taken enough responsibility. She hadn't followed through quickly enough on the tasks she had taken on. She hadn't initiated often enough. All of these behaviors, of course, tapped into *my* ancient belief system—identified as, "I can't really trust anyone to take care of me." She felt betrayed because I had overloaded and overwhelmed myself to the point of constant anger with, and criticism of, her (tapping into her ancient belief system—identified as, "No matter how hard I try, I can never be good enough.").

So, we did what any other normal couple would do—we totally closed our hearts to one another. It took several days to sort through the rubble—to separate truth from distortion, human foibles from deep character flaws, desire from illusion. It took time for us to come to an understanding of what is really *essential* about trust in our relationship. Out of the ashes, we made some interesting discoveries. We realized that the ways in which we are trustworthy far outweigh the ways in which we are not. (If you've tuned into this column before, it's that *good enough* concept again.)

John Welwood (*Journey of the Heart*) says:

*"Genuine trust develops between two people, not because they can work with all the different parts of themselves, including those that are not trustworthy."*

Maureen and I agree that Welwood's concept is a *given* in our relationship. It should also be said that we are well-intentioned people. We don't philander, embezzle, or abuse. We're quite reliable sorts...most of the time. We are, though, *imperfect.* Still, we can trust that each of us will walk away from a conflict (like the one we just had) seeking answers—for ourselves and for our relationship. "What happened? What was my role in it? What were my little parts up to? Is this where I really want to be?" In the end, both of us can confidently say that we are committed to working with our untrustworthy parts. That work may not begin immediately—some sulking, self-righteous, wound-licking time is always allowed—but you can be certain that we'll both be thinking about it in time for our next couples' counseling appointment.

We, learned that we can trust each other with our deepest,

**(Con't on page 5 )**

# Dyke Psyche

*By Ester Rothblum*

## LESBIANS AND BREAST CANCER

There has been some speculation about whether lesbians are at higher or lower risk for breast cancer than are heterosexual women. But there has been little research. Now Dr. Deborah Bowen, a psychologist at the Fred Hutchinson Cancer Research Center and a member of the Lesbian Health Research Institute, is conducting research on breast cancer that includes lesbians.

"Five years ago, this was guess-work; there was no data," she told me in a recent interview. "At my Cancer Center, we do a lot of research about the causes of breast cancer and how to prevent breast cancer. There are many experts on breast cancer, so I had a lot of colleagues I could talk to about my ideas about lesbians and breast cancer."

In talking with lesbians, Dr. Bowen realized that the common perception was that breast cancer was more frequent among lesbians and that perception was frightening to lesbians. As a scientist, she knew there was no proof yet one way or the other. "That's when I began thinking that we could make some in-roads into this," she said, "either by collecting new data on lesbians or else by including questions about sexual orientation into existing studies." Dr. Bowen has done both--she has written research grants to fund studies specifically on lesbians and breast cancer and also begun to examine sexual orientation in some large-scale community surveys on hundreds of thousands of women.

"The biggest risk factor for getting breast cancer is being a woman," Dr. Bowen said, "and the second biggest risk factor is age. Even though we hear a lot about younger women getting breast cancer, it is really a disease of older women. And the problem is that very few people have studied older women who are past menopause. So we don't even know much about breast cancer in women in general." Other risk factors for breast cancer are having a family history of breast cancer. "Having a close or even a distant relative who has had breast cancer is now known to put women at higher risk for breast cancer, but we don't know much about why this is so," Dr. Bowen continued. "Much of the research has focused on women who have multiple relatives with breast cancer, but that only accounts for about 4% of all women. What about the woman who had a great-aunt Matilda who had breast cancer? How does Aunt Matilda's breast cancer transfer to her?" Cancer researchers are also beginning to learn more about environmental exposures, "the toxins, chemicals, and maybe even the radiation that we experience, some of it naturally occurring and some it put there by technology" as Dr. Bowen described it, "but we don't know how and we don't know when the exposure to these environmental factors has to occur in order to become a risk for breast cancer."

Research begins to happen when the government puts funds behind it, and right now the Institute of Medicine of the National Academy of Science has published a report on lesbian health which will stimulate research on lesbian health issues. Dr. Bowen said: "It's expensive to do this kind of research. You have to have lots of money to call up 20,000 women, and with breast cancer you have to call a lot of women in order to reach some who have the disease." Dr. Bowen's research team now asks about sexual orientation in both paper and pencil surveys and in telephone interviews. They ask this in two ways--by asking about identity (do women identify as heterosexual, bisexual, lesbian, or other) and also by asking about sexual behavior. "If we only ask the former, we lose women who have sex with women but don't identify as lesbian, and if we just ask about sexual behavior we lose women who are not currently sexually active," she explained.

Dr. Bowen thinks there are two camps of thought in the lesbian community about breast cancer. "One has to do with reproductive factors. Fewer lesbians have children than do heterosexual women. The `fewer' can range from about 36% to about 60% of lesbians who have had children. Whereas with heterosexual women it's actually quite high--between 80-90% of all women have had children. Not having had children or having had children late might be a factor in developing breast cancer. Pregnancy might cease certain hormones that are linked to the development of breast cancer."

"The other camp of thought has to do with access to reliable, good, open, health care," Dr. Bowen said, "and lesbians may not have such access. We know that if cancer is caught at a later stage when it has had more chance to grow and spread to other parts of the body, it's harder to treat and can't be treated as well. The theory goes that if lesbians have a harder time finding affordable and affirmative check-ups, then they may be less likely to have mammograms or to interact with a health provider in a way that would help with early diagnosis. So it may be that lesbians aren't at higher risk for breast cancer, just that lesbians don't get good health care and are likely to be diagnosed with breast cancer at a later stage when it is harder to treat."

I asked Dr. Bowen what she would recommend that health care professionals do to increase the comfort of lesbian patients. Her suggestions: "The person who comes to a doctor has to trust that doctor and she has to feel comfortable bringing scary problems to that doctor. And I'm hypothesizing that one of the problems bringing up sexual orientation in a health care setting is that you might feel okay saying you have a cold or a stomach ache, but not that you want the provider to feel your breast, for example. Lesbians might also worry that the provider might force them to use high-tech

**(Con't on page 5)**

**(Lesbians and Breast Cancer Con't from page 4)**

solutions for their problem when they would prefer to begin with alternative solutions. Lesbians often have good reason not to trust 'the system' and right now the solutions we have for breast cancer have to with technology, such as chemotherapy, radiation, or surgery." She also recommends that lesbians look for open, trustworthy providers if these exist in their communities.

*Esther Rothblum is Professor of Psychology at the University of Vermont and Editor of the Journal of Lesbian Studies. She can be reached at John Dewey Hall, University of Vermont, Burlington, VT, 05405 email: esther.rothblum@uvm.edu.*

## BOOK REVIEW

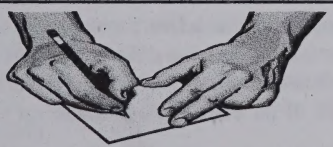
*LOVE MATTERS: Written by Linda Sutton*

I finished *Love Matters* last night and it was like spending a few hours with an old friend! I thoroughly enjoyed revisiting the columns. The poetry and the pictures fit right in, like a well-worn glove! For those of you who have not yet purchased *Love Matters*, I suggest you rush out and get your copy now! And don't forget, the pictures in the book, designed by Jenny Faw, are available on greeting cards for those occasions when ordinary won't do.

Linda has done an excellent job--both with her column and with her choices for the book!

I'll be watching the bestseller lists for it!!!!

To contact Love Matters: 719-471-4263,
email: lovematters@compuserve.com
or write: Love Matters, P O Box 8136,
COS,CO 80933-8136.



## WANTED: WRITERS, POETS, JOKESTERS.

New Phazes is looking for contributors. If you have a short story, your original poetry, your favorite lesbian/bi/gay/transgendered jokes that you would like to see in our newsletter, please mail them to: New Phazes, PO Box 6485, COS, CO 80934-6485 or email them to:

newphazes@juno.com

**(Love Matters Con't from page 3)**

darkest and most vulnerable emotions. Whether hurt, anger, disappointment, terror, or betrayal is the issue, we will hear each other out. We trust that our feelings will not be dismissed, diminished, or rejected. Again, that's not necessarily the *immediate outcome* of our conflicts; but we know that we can trust that it will be the *eventual outcome.*

Neither Maureen nor I is completely trustworthy in the expression of all feelings all the time. (What's wrong, Honey?" "Oh, nothing, Dear."). Probably few people ever are. But it is in *this* relationship that each of us comes the closest to being most *herself.*

The most important discovery this fight opened us to (and the most difficult to swallow) is that we can always trust one another to be—*imperfect.* In fact, we're extremely consistent in our imperfections. In the middle of our fight (at 3:00 a.m., naturally), Maureen cried out, "I never promised to anyone other than who I am!" her impassioned, truthful plea jarred loose some of my distortions. "She's absolutely right," I thought. Maureen and I have no excuse for feigning surprise or acting victimized by each other's imperfections *now.* We know each other very well and for a long time *before* we made our commitment to each other.

How *is* trust developed in any relationship? Does it come from our day to day experience with each other or from hope, blind faith, or illusion? When we make these life commitments, are we committing to the real person or to the person we'd like to see her become? Had Maureen and I *truly* accepted one another's imperfections, neither of us would have felt betrayed. How is it that after eighteen years of living together, we still chose to believe that *this time* it would somehow be different?

I can count on Maureen to be Maureen—not *my* idea of who Maureen ought to be. That's what I can trust. I can trust that she will be reluctant to take on new responsibilities, that she has great difficulty initiating certain kinds of tasks, that she will become paralyzed under pressure. She can trust that I will inevitably take on too much responsibility, will then start feeling overwhelmed and resentful, and will try my best to blame my state of being on her. And, despite the fact that neither of us finds those traits attractive—in herself or in the partner—*this* is what we can really trust.

Nancy, are you able to work with Ellen's unreliability? Ellen is never going to be completely trustworthy—none of us humans ever are. If you can count on her to be "faithful, understanding, supportive, and loving," can you see her imperfections as foibles rather than character flaws? Can you work with her untrustworthy parts? These, I think, are the critical questions in any relationship. Nancy, if you are willing to answer yes to these questions. I know that you and Ellen will be off to a great start. It *will* be just a start. Building trust is a process. You have my heartfelt wishes for your success.

In the meantime, don't ever forget, your love matters.

*Linda Sutton, M.A. is a psychotherapist in private practice, providing individual, couple, and group therapy. She can be reached at 719-632-0465. Linda is author of the book LOVE MATTERS: A Book of Lesbian Romance and Relationships by Haworth Press. For a catalog of LOVE MATTERS greeting cards and related products, write to Love Matters, PO Box 8136, Colorado Springs, CO 80933-8136.*

**8 GIFTS THAT DON'T COST A CENT**

THE GIFT OF LISTENING

But you must REALLY listen.

No interrupting, no daydreaming, no planning your response. Just listening.

THE GIFT OF AFFECTION

Be generous with appropriate hugs, kisses, pats on the back and handholds.

Let these small actions demonstrate the love you have for family and friends.

THE GIFT OF LAUGHTER

Clip cartoons.

Share articles and funny stories.

Your gift will say, "I love to laugh with you."

THE GIFT OF A WRITTEN NOTE

It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime, and may even change a life.

THE GIFT OF A COMPLIMENT

A simple and sincere, "You look great in red."

"You did a super job." or

"That was a wonderful meal." can make someone's day.

THE GIFT OF A FAVOR

Every day, go out of your way to do something kind.

THE GIFT OF SOLITUDE

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

THE GIFT OF A CHEERFUL DISPOSITION

The easiest way to feel good is to extend a kind word to someone. Really, it's not that hard to say, "Hello" or "Thank You."

**MORE BUMPER STICKERS SEEN IN THIS TOWN**

HONK IF ANYTHING FALLS OFF

COVER ME, I'M CHANGING LANES

I REFUSE TO HAVE A BATTLE OF WITS WITH AN UNARMED PERSON

UNIQUELY MALADJUSTED BUT FUN

WHERE ARE WE GOING, AND WHY AM I IN THIS HANDBASKET?

I HAVEN'T LOST MY MIND—IT'S BACKED UP ON DISK SOMEWHERE

IF YOU'RE NOT OUTRAGED, YOU'RE NOT PAYING ATTENTION

I DO WHATEVER MY RICE KIRSPIES TELL ME TO

100,000 SPERM AND YOU WERE THE FASTEST?

YOU ARE DEPRIVING SOME POOR VILLAGE OF ITS IDIOT

**ANSWERING SERVICE AT THE MENTAL HEALTH INSTITUTE:**

Hello, and welcome to the mental health hotline.

If you are obsessive-compulsive, press 1 repeatedly.

If you are co-dependent, please ask someone to press 2 for you.

If you have multiple personalities, press 3, 4, 5 and 6.

If you are paranoid, we know who you are and what you want. Stay on the line so we can trace your call.

If you are delusional, press 7 and your call will be transferred to the mother ship.

If you are schizophrenic, listen carefully and a small voice will tell you which number to press.

If you are manic-depressive, it doesn't matter which number your press, no one will answer.

If you are dyslexic, press 21212121212121.

If you have a nervous disorder, please fidget with the hash key until a representative comes on the line.

If you have amnesia, press 8 and state your name, address, phone number, date of birth, social security number and your mother's maiden name.

If you have post-traumatic stress disorder, slowly and carefully press 000.

If you have bipolar disorder, please leave a message after the beep or before the beep. Or after the beep. Please wait for the beep.

If you have short-term memory loss, press 9.

If you have short-term memory loss, press 9.

If you have short-term memory loss, press 9.

If you have short-term memory loss, press 9.

If you have low self-esteem, please hang up. All our operators are too busy to talk with you.

Thank you (and good-day)

**FOR THOSE WHO TAKE LIFE TOO SERIOUSLY**

1 .Save the whales. Collect the whole set.

2. A day without sunshine is like, night.

3. On the other hand, you have different fingers.

4. I just got lost in thought. It was unfamiliar territory.

5. 42.7 percent of all statistics are made up on the spot.

6. 99% of lawyers give the rest a bad name.

7. I feel like I'm diagonally parked in a parallel universe.

8. You have the right to remain silent. Anything you say will be misquoted, then used against you.

9. I wonder how much deeper the ocean would be without sponges.

10. Honk if you love peace and quiet.

11. Remember half the people you know are below average.

# JUNE/JULY SPECIAL EVENTS CALENDAR

**DOTMC June 11-** Friday night at the Picnic Basket **July24-** Hike Mt. Bross & Lincoln at Hoosier Pass. The above is tentative and can be changed based on your input! Don't hesitate to call or email me with your ideas: marti.harvey@wcom.com or pager 719.532.3921

**June 4-6:** The Summit Masters 4th Annual Camp-O-Rama at the Ponderosa Group Site at Lake Isabel campgrounds in the San Isabel Nat'l Forest. $5/car/night.Contact Bill in Pueblo at 719-545-2162 or email wjzbear@iex.net RSVP by 6-1-99.

**June 23rd** Singer-songwriter Melissa Etheridge lends her acclaimed voice to the narration of After Stonewall, the long awaited sequel to the Emmy Award winning 1984 documentary Before Stonewall. Etheridge said, "I am deeply honored to be a part of this important telling of our community's history and contributions." After Stonewall is scheduled to air nationally on PBS stations throughout the U.S. on June 23, 1999 at 9:00pm EDT. Etheridge's narration chronicles the growth and empowerment of the gay and lesbian community following the historic 1969 Stonewall riots in New York City, which represent a pivotal moment in the struggle for visibility and equal rights for gays, lesbians, bisexuals and transgendered people.

**Pridefest dates:** Durango Sat. 6-12, Fort Collins, Sun, 6-20, Denver Sat. 6-26 & Sun. 6-27. Colorado Springs Aug. 27-29.

**Gay Day at Elitch Gardens:** Mon. 6-28.

**July 31–** Kate Clinton—Colo. Music Hall— For more info, contact Equality Colo. 719-227-8545

**SCIRTS--**Southern Colorado Intra-Regional Transgendered Society For both MTFs and FTMs, and for persons all along the transgender spectrum. Call 591-5860.

**S-CAP--**Southern Colorado AIDS Project Offices at 1301 S. 8th St., Suite 200. Call 578-9092.

**Sisters of Sappho** support group for lesbian and bi women that meets on the 2nd and 4th Thursdays of each month. Call 471-4 GAY.

**Stonewall Democrats** The McNeil chapter can be contacted at 577-7766.

**Summit Masters** Leather/levi/uniform interest; for both men and women. Meets on the 3rd Wednesday of each month. Call 632-3844.

**United Court of the Pikes Peak Empire**. Long-standing charitable organization Call 471-4 GAY.

**Women's Social Group** Primarily intended to offer social activities rather than being a support group. Usually meets on the 1st and 3rd Saturdays of each month. Call 471-4GAY.

**Gay and Lesbian Bowling** Bear Creek Lanes, Sunday, 7pm. Call 260-5987.

**ALSO--**All Lifestyles and Outlooks GLBT support group at All Souls Unitarian Church, 730 N. Tejon. Call 685-4773.

**BACCHUS** Organizes a monthly wine tasting, usually on the 2nd Friday. Cost is typically $12. Call 576-3465.

**B-GALA** Colorado College Bisexual, gay and lesbian alliance. Call 389-7044.

**B-GALA UCCS** Bisexual, gay and lesbian alliance. Call 471-4 GAY.

**CCAD--**Community Council for Adolescent Development Operates the Inside/Out group for GLBTQ youth. Call 328-1056.

**CGRA--**Colorado Gay Rodeo Association Meets on the 1st Monday of each month. Call 576-CGRA.

**Dignity For GLBT Catholics;** Mass held on the 1st Saturday of each month, and brunch on the 2nd Sunday. Call 685-5343.

**Equality Colorado** The Colorado Springs office of this Denver-based advocacy organization. Call 227-8545.

**FUSION!** Is a community-building project for gay and bisexual men in Colorado Springs and Pueblo. It builds community by developing alternative spaces for men to meet other men through workshops, recreational and social activities. It is open to all ages and welcomes singles and couples alike. Call 578-9092.

**Gay AA** Meets on Mondays and Fridays at 8 p.m. and Thursdays at 6 p.m. Call 573-5020.

**GLBT Community History Project** Started in February, 1999, this project seeks to document the history of GLBT people in the Colorado Springs area, primarily through the recording of oral history. Call 634-3616.

**GLBT Parenting Group** Provides discussion for parents and would-be parents and activities for kids. Meets on the 3rd Saturday of each month at the Pride Center at 10 a.m. Call 471-4 GAY.

**Inside/OUT** Support group for GLBTQ youth that meets every Wednesday at the Pride Center at 5:30 p.m. Call 575-8484.

**Lesbian Moms** This group has just started meeting. Call. 471-4 GAY

**Marriage Transitions** For GLBT people who are or were in a heterosexual marriage. Meets on the 1st and 3rd Thursdays of each month. Call 577-4755.

**NetCoRe** Works to "create and foster networking and business opportunities among gay and lesbian professionals, businesses, service organizations and our allies." Holds a monthly mixer, usually on the 3rd Monday of each month. Call 474-7674.

**PPMCC–** Sundays 5pm-All Souls Unitarian Church, 730 N. Tejon. Call 634-3771.

**Springs Together** Opposes the anti-gay agenda in Colorado Springs Call 520-9899.

# Dyke Psyche

*By Ester Rothblum*

## Lesbian Access to Health Care

Lesbians, like other women, face challenges finding affordable and quality health care. But are there particular difficulties being a lesbian patient in the health care system? I interviewed Dr. Jocelyn White, a physician who has conducted research on lesbians' access to health care. "Lesbians face all the typical issues such as having health insurance, travelling some distance for health care, finding child care while they visit a health care provider, or being able to take time off from work," she said. "In addition there is a specific domestic partner issue that lesbians have, because unlike heterosexual women who are legally married, few lesbians can be insured under their partner's policy. But the real issue is providers' inability to communicate sensitively and effectively with their patients. Also, providers often have a lack of knowledge about the health issues of lesbians."

Dr. White has found that many providers would like to have lesbian patients but don't have the knowledge or experience to be good providers. She and her colleagues have traveled around the country educating health care providers in how to communicate effectively with lesbian patients and increase their knowledge base of lesbian health care issues. She says "In my workshops I give a talk on the primary care of lesbian patients. We talk about parenting, coming out, HIV, sexually transmitted diseases, cancer risk and screening, depression, substance abuse, domestic violence, hate crime violence, and social issues. Many of the doctors who come to these workshops will go on to teach these issues to their students and medical residents, so it's important for me to teach communication skills."

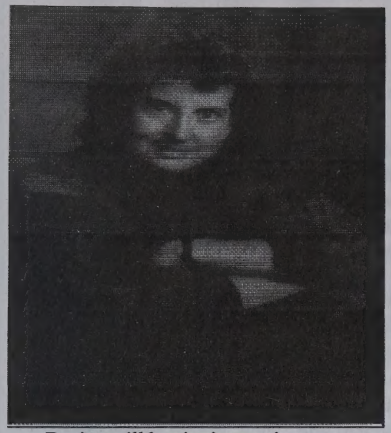
In one of Dr. White's role-plays, a workshop leader will play a Mexican-American data entry technologist who comes in wanting to talk about parenting options. "The task of a workshop participant is to determine her sexual orientation and discuss options such as insemination, consider appropriate referrals, and deal with these issues sensitively," Dr. White said, "The person playing the role of the patient is scripted to present some challenges." Other workshop participants are asked to be observers and comment on what they saw and felt during the role play. In another role play, the workshop leader plays the part of a patient who has breast cancer, and tells the doctor that her partner no longer wants to have sex with her.

"It's very interesting for the heterosexual doctors and nurses to have to play the role of a lesbian," said Dr. White, "because they have to start trying to identify with what it feels like to be a lesbian patient who has a doctor say something to them that is insensitive. There is a perception that role plays are somewhat fake, but in fact they can be very powerful." I asked Dr. White what some good opening questions are for doctors who want to be sensitive to lesbian patients. "You can start by asking `Are you partnered, married, single, or divorced?' rather than launching right in with such questions as `What kind of birth control do you use?' she answered. "You can ask `Do you have a significant other?' or `Who is in your family?' in order to demonstrate that you are open to hearing about broader definitions of relationships and families. She added, "You want to learn about the social history of the patient and it's also important to be comfortable taking a sexual history if necessary. Few doctors are comfortable taking a sexual history, even if they do it every day, because we don't talk much about sex in our culture. Sexual questions by doctors need to make it clear to the patient that any response is possible."

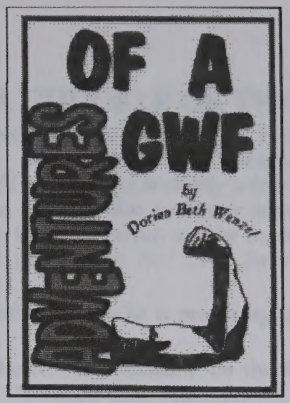
Dr. White has surveyed lesbians about advice they would give doctors. "Almost to a person they all said `Don't assume I'm heterosexual' so we need to work on breaking down those assumptions of heterosexuality," she said. Lesbian respondents also told of negative incidents with their doctors. Dr. White described one of these anecdotes: "One woman had severe vaginal hemorrhaging and went to the emergency room. The doctor, assuming she was heterosexual, asked about birth control and pregnancy. When she told the doctor she was a lesbian, he flushed, got embarrassed, terminated the interview, left the cubicle, and never came back. A different woman came back and completed the pelvic exam. The lesbian patient was horrified and felt humiliated. She immediately sought out a lesbian doctor." Another anecdote: "A lesbian was in a motorcycle accident in which she collided head-on with a bus. She told the doctor she was a lesbian, and he put in 100 sutures in her leg without novocaine. He didn't x-ray her skull, even though she had lost consciousness during the accident, and missed a skull fracture. So this doctor committed assault and battery as well as malpractice and now he is being investigated."

In sum, Dr. White's mission is to help doctors provide better care for lesbian patients and help lesbians feel good about themselves so that they know their rights in the doctor's office. She encourages lesbians to keep looking for a good doctor and keep moving on until they find a doctor they can be happy with. She tells lesbians to talk with their friends about doctors who are trusted in their community, or else go to talks given by doctors and ask questions about affirmative

**(Con't on page 9)**



Dorian will be signing copies of her book June 12, 1999 at 7:30pm at the Pride Center 125 N. Parkside, COS, CO. Dorian will donate a portion of her proceeds to New Phazes! Please join us in welcoming Dorian to the gay women's list of writers!




THIS IS AN X-RATED, FOR ADULTS ONLY, EXPLICIT LESBIAN EROTICA STORY. IT IS NOT INTENDED FOR ANYONE UNDER THE AGE OF 18 YEARS OLD.

"ADVENTURES OF A GWF"
by Dorian Beth Wenzel
@ 1999

*Adventures of a GWF is a lesbian erotica story about a woman's psychological journey* of self-discovery and her struggle for sexual freedom and understanding.
A *Rubyfruit Jungle* for lthe '90's.

It takes place in post-Amendment-2 Colorado Springs and is mixed with political and philosophical discoveries, along with various intriguing fantasies. It challenges the reader's perceptions on human sexuality, homophobia, and the lack of Unconditional Love within humanity. It is written in the first person to give it a realistic and cerebral edge, yet is light and entertaining. It also utilizes the simplicity of bumper sticker philosophy, personal tarot readings and the lesbian Amazon warrior image as running themes throughout the story line.

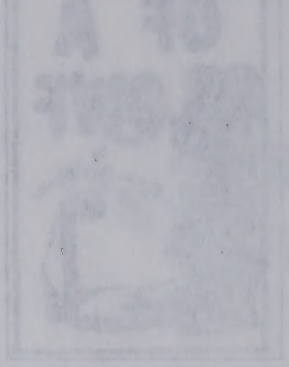
The main character, Dobi, evolves within the story line as she discovers herself and becomes self-empowered. It is a unique and powerful story about a naive gay woman, who had come out of the church closet where she was hiding, after she hit the gay glass ceiling. After ten years of celibacy and service, she had to play catch-up in the lesbian dating world- not an easy feat for a thirty year old virgin!

She reflects back on her lovers' and society's attitudes after she realizes many discrepancies and prejudices. She pokes at the homophobia in society and religion, along with the intolerance of sexual freedom within the gay community itself. She doesn't understand why people can't respect another person's right to sexual choice and the freedom to express their sexuality in a physical way. She rises to their challenges and prejudices to stand victorious in her own life. By the end of the story, she rises above her life in the Springs, to seek out the challenges and excitement of life in the big city and homeland of San Francisco.

I hope I have attracted your attention and desire to want to read my novelette.

ORDERS ARE BEING RECEIVED BY: THE BOOK GARDEN, DENVER, CO. 1-800-279-2426 / thebookgarden~juno.com

or directly for $13 ( includes S&H) to: CMP Productions P.O. Box 53, Colorado Springs, CO 80903



**(Lesbian Access to Health Care Con't from page 8)**

doctors. "We deserve a good doctor. It's our right and we should not tolerate poor health care. We should just walk out if the doctor is homophobic, and we should report these doctors to the insurance company or the HMO." Dr. White has found that lesbians happy with their health care tend to have high self-esteem and a sense that quality health care is their right. She hopes to teach other lesbians that this is their right as well.

Dr. Jocelyn White practices as a general internist in Portland, Oregon. She is editor of the *Journal Of The Gay And Lesbian Medical Association* and co-editor of *The Lesbian Health Book*. She teaches at Legacy Portland Hospital and is a member of the Lesbian Health Research Institute.

*Esther Rothblum is Professor of Psychology at the University of Vermont and Editor of the Journal of Lesbian Studies. She can be reached at John Dewey Hall, University of Vermont, Burlington, VT, 05405 email: esther.rothblum@uvm.edu.*

**Peer Listening Line and the Gay and Lesbian Helpline of the Fenway Community Health Center** is a nationwide toll free number staffed by GLBT youth for other gay, lesbian, bisexual, transgendered, and questioning youth. The trained volunteers provide information, referrals, and support to callers Monday through Friday from 4pm till 10pm EST. The Gay and Lesbian Helpline does the same work but is staffed by volunteers of all ages and is open Monday-Friday from 6pm-11pm as well as Sat. and Sun. from 5pm-11pm EST. The volunteers make a point of recommending local gay publications to their callers, having found that helping a person to connect with their local gay press is often one of the most helpful things that they can do for them.

Peer Listening Line 1-800-399-PEER
The Gay and Lesbian Helpline 617-267-9001
Victim Recovery Program 1-800-834-3242 ext 311
Fenway Community Health Center
7 Haviland Street, Boston, MA 02115

## GOOD FOR A CHUCKLE OR TWO

The Rev. Jerry Falwell recently outed Tinky Winky, from the television show, "Teletubbies", because, Falwell pronounced, "The character is clearly a fount of gayness. He is purple, the gay color, he has an antenna shaped like a triangle, the gay symbol, and he carries a purse, something all gay people do." But Falwell's work is far from over.

Following are some other targets he is preparing to go after...

**Fred Flintstone Evidence**: His nickname on the Bedrock bowling team; "Twinkle-Toes Flintstone." The show's theme song ends "...we'll have a gay old time!" He wears an orange vest with little triangles on it. Hangs out with Barney far more than Wilma.

**Bugs Bunny Evidence:** Often stands with hand on hip. Plays a hairdresser in one episode. Frequently dresses in drag. Loves to throw on a top hat and tails and belts out Broadway show-tunes with his buddy Daffy, who, it is worth noting, has a lisp.

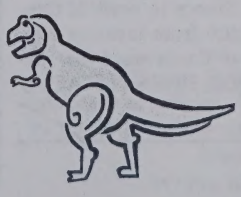
**Velma (of Scooby Doo) Evidence:** Always tries to sit next to Daphne in the Mystery Machine. Sports that butch haircut. Has broad shoulders and wears thick turtleneck sweaters and knee socks. Never once shagged Shaggy.

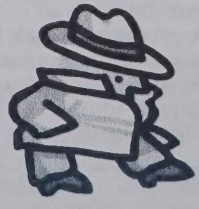
**Popeye Evidence:** Eats lots of salad. Wears a sailor suit, even though he hasn't been on a ship in years. Does little sailor dances. Dates a flat-chested transvestite named Olive Oyl. Best friend named Wimpy.

**Batman and Robin Evidence:** Robin's nickname - Boy Wonder. Batman's real name is Bruce. Both wear tights. They're in great shape. They like to show each other their "grappling hooks."

**Peppermint Patty Evidence:** Has a deep, gravelly voice. Wears pants, not dresses like the other Peanuts gals. Plays a mean game of football. Likes to taunt Charlie Brown. Always hanging out with that androgynous Marcie. Wears comfortable shoes. Nickname; Sir.

**The Pink Panther:** Enough said.





# WHAT'S HAPPENING!!!

**Microsoft founder** Bill Gates and his wife have given $25 million to the New York based International AIDS Vaccine Initiative (IAVI) to speed discovery of HIV vaccines. The five-year grant is the largest charitable AIDS gift ever.

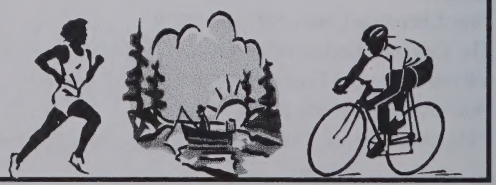
**London**—A 22 year old engineer was arrested and charged Sunday with three hate bombings that killed 3 and injured more than 100. David Copeland was arrested in his explosives-filled home in coastal County Hampshire and was "working alone for his own motives," police said. The attacks have terrorized London's minority communities. The first bomb exploded 4-17 in the black neighborhood of Brixton, severely injuring 4 residents. The second bomb exploded 4-24 on a road in the heart of East London's Bangladeshi community, causing only minor injuries. The third and most deadly bomb went off in London's popular Soho district on Old Compton Street—the city's best-known gathering spot for gays. Two people died immediately and a third died later in the hospital. Police arrested Copeland at his home at Cove, southwest of London.

**Fund The Cure**—The U.S. Postal Service recently released it new "Fund The Cure" stamp to help fund breast cancer research. The stamp was designed by Ethel Kessler of Bethesda, MD. It is important that we take a stand against this disease that kills and maims so many women. The normal stamp costs 33 cents. This one costs 40 cents with the additional 7 cents going to breast cancer research. If all stamps are sold, it will raise and additional $16 million for this vital research. Please do two things today: buy a book of "Fund The Cure' stamps and tell your friends to do the same.

**Colorado Springs**-The American Civil Liberties Union is supporting a move to form a club for gay and straight students at Palmer High School. The ACLU of Colorado has sent a letter to Colorado Springs School District 11 on behalf of Palmer students who want to form the club, pointing out that the civil rights group believes the law is on its side. "I'm assuming that when the appropriate officials have a chance to read it, they will see that they can't stop the club from forming simply because they don't approve of the content the students hope to discuss," said Mark Silverstein, ACLU state legal Director.

**Anheuser-Busch** recently placed an ad in a local St. Louis lesbian and gay publication, EXP Magazine. The Bud Light ad, seen above, depicts two men holding hands with the taglines, "Be Yourself and Make It a Bud Light" and "Proud Sponsor of the St. Louis Pridefest '99." What makes the ad unique was that it was the beer manufacturers first advertisement to include same-sex physical contact. To register your support of this ad, call 1-877-233-7725.

**Rocky Mtn Chapter of the Sierra Club, Gay and Lesbian section**— The Sierra Club has 600,000 members nationwide and is one of the oldest and most respected grassroots environmental organizations in the world. The Gay and Lesbian group is sanctioned as an official Activities Section of the Club—the 7th to be formed in the country. A wide variety of activities are available from hikes and bike rides, to learning backcountry survival and maintaining trails. The Gay and Lesbian Sierrans extend a warm welcome to all gays and lesbians who would like to join Sierra Club activities, even if they are not yet members. Call Greg Cafini, Chair of the gay section, for more info. Ask for a quarterly newsletter that lists projects and other info. 303-861-2844.



# Building Community Resource Page

## COLORADO SPRINGS

**BARS/RESTAURANTS**

| | |
|---|---|
| *Victor/Victoria's* | *719.328-1548* |
| *HOURGlass Lounge* | *719.473-9723* |
| *Hide n' Seek* | *719.634-9303* |
| *Women2Womyn* | *719.634-9303* |

**BOOKSTORE**

| | |
|---|---|
| *Celebration New Age Store* | *719.634-1855* |
| *2209 W. Colorado Ave.* | |

**COMMUNITY SERVICE**

| | |
|---|---|
| *Pikes Peak Community Ctr.* | *719.471-4429* |
| *PO Box 607, 80901* | |

**ORGANIZATIONS**

| | |
|---|---|
| *Equality Colorado* | *719.227-8545* |
| *Inside/Out Youth Group* | *719.578-3160* |
| *Pikes Peak MCC* | *719.634-3771* |
| *730 N.Tejon* | |
| *PFLAG-COS* | *719.598-5298* |
| *Southern CO AIDS Project* | *719.578-9092* |
| *PO Box 311, 80901* | |
| *Women's Social Group* | *719 471-4429* |

## DENVER & BOULDER

**Addresses are Denver unless otherwise stated**

**BOOKSTORES**

| | |
|---|---|
| *The Book Garden* | *800-279-2426* |
| *2625 E. 12th Ave, 80206* | |
| *Word Is Out* | *303.449-1415* |
| *1731 Fifteenth St.* | |
| *Boulder, CO 80302* | |

**COMMUNITY SERVICES**

| | |
|---|---|
| *Anti-Violence Project* | *303.839-5540* |
| *Boulder SafeHouse* | *303 .444-2424* |
| *Crisis Line (24hrs)* | *303.852-5094* |
| *GLBCSCC* | *303.831-6268* |
| *PO Drawer 18E, 80218-0140* | |
| *Lambda Report* | *303.331-2360* |
| *PO Box 9742, 80290* | |
| *KBDI-12 Thurs 11pm* | |

**ORGANIZATIONS**

| | |
|---|---|
| *Citizens for Human Rights* | *303.430-4818* |
| *PO Box 261112* | |
| *Lakewood, 80226* | |
| *Colorado AIDS Project* | *837-0166* |
| *CO Legal Initiatives Project* | *303.830-2100* |
| *PO Box 300397 80203* | |
| *Empowerment Program* | *303.863-7817* |
| *HIV Infected Womyn* | |
| *Equality Colorado* | *303.839-5540* |
| *PO Box 300476, 80203* | *1-888-557-4441* |
| *G/L/Straight Teachers Network* | *303.232-3789* |
| *meets 2nd Monday* | |
| *G/L Latino Alliance* | *303.281-9376* |
| *GLB Community Center* | *303.831-6268* |
| *It's Me Again* | *303.939-9245* |
| *breast prostheses* | |
| *Job Survival Hotline* | *1-800-522-0925* |
| *Law Line 9* | *303.698-0999* |
| *free legal advice* | |
| *Lesbian Avengers* | *303.861-1084* |
| *meets Thursdays* | *303.321-8788* |
| *Lesbians Choosing Children* | *303.333-3771* |
| *meets monthly* | *303.727-8535* |
| *email rrosechild@aol.com* | |
| *Lesbian Connection, The* | *303.443-1105* |
| *2525 Arapahoe #E4-233* | |
| *Boulder, 80302* | |

| | |
|---|---|
| Lesbian Domestic Violence Support Group | |
| SafeHouse Denver | 303.892-8400 |
| Lesbian Herstory Archives | 718.768-3953 |
| PO Box 1258 NY, NY 10116 | |
| Log Cabin Republicans | 303.837-1975 |
| G/L Republicans | |
| Military Veterans-RMGLB Vets of AM | |
| PO Box 721, Denver, 80201 | |
| NOW | 303.830-2795 |
| 1552 Pennsylvania, 80203 | |
| PFLAG-Denver | 303.333-0286 |
| PO Box 18901, 80219 | |
| Rainbow Wings-Support for Lesbian | |
| Survivors of Sexual Abuse | 303.238-8660 |
| Sister II Sister | 303.831-6268 |
| Black Sisters support group | |
| SOL (Slightly Older Lesbians) Denver | 303.399-2069 |
| Teens AIDS Hot-Line | 800-234TEEN |
| Women's Outdoor Club | 303.271-3576 |
| PO Box 300085, 80203 | |
| Womynscircle | 303.831-6268 |
| Womyn's Support Group-Tuesdays | |

**DENVER BARS**

| | |
|---|---|
| Club Proteus | 303.861-1497 |
| 1669 Clarkson | |
| Denver Detour | 303.320-9337 |
| 551 E. Colfax | |
| Elle, The | 303.572-1710 |
| 716 W. Colfax | |
| Grand, The | 303.839-5390 |
| 538 E. 17th Ave | |
| Tracks 2000 | 303.292-6600 |
| 2975 Fox St. | |

**PUEBLO**

| | |
|---|---|
| Christ Congregational UCC | 719.544-0746 |
| Bonforte & Liberty LN. | |
| MCC Pueblo | 719.543-6460 |
| PFLAG-Pueblo | 719.542-6359 |
| PO Box 4484, 81502 | |
| Pueblo After 2 | 719.564-4004 |
| PO Box 1602, 81002 | |
| Southern CO AIDS Project | 719.561-2616 |

**MISCELLANEOUS LISTINGS**

| | |
|---|---|
| Internet Service Providers | 719.385-0111 |

**DIRECTORIES**

| | |
|---|---|
| Rainbow List | 303.443-7768 |
| PO Drawer 2270 Boulder, 80306-2270 | |
| G&L Yellow Pages | 303.863-9232 |
| Lesbian & Gay Pink Pages | 303.831-7126 |
| PO Box 18306, 80219 | |
| NETCORE | 719.471-4GAY |

The New Phazes Staff encourages your responses to editorials or articles. All submissions must be received by the 15th of the month. Send all responses to:

New Phazes Editor

PO Box 6485, COS/CO 80934

# TIDBITS!

The 1999 Michigan Womyn's Music Festival—August 10-15—This annual event attracts 5-8000 women for a week-long event that includes 40 performances, 200 workshops, a Film festival, crafts Faire and 650 secluded acres for camping. For more information, write to WWTMC, PO Box 22, Walhalla, MI 49458 or call 616-757-4766, or visit www.michfest.com

---

The 1999 Dyke Art Camp at Artsprings will be held August 1-7. Daily life drawing plus a diverse assortment of workshops will be offered. Group collaboration and individual work. All levels of serious Dyke artists. Camping, hot tub, woods, ponds, seclusion. Drug and alcohol free. Located 45 minutes S.W. of Portland, Oregon. For further information call 503-985-9549 or email: artsprng@transport.com

---

**'Camp' Camp:** A real summer camp in Maine for GLBT adults, August 23-29. Cabins. Mountain biking, pottery, hiking, crafts, swimming, stained-glass, windsurfing, fishing, dance, volleyball, canoeing, ropes course, jewelry, sailing, tennis, theater, crafts, softball, yoga. Great food and great friends. 1-888-924-8380, or, www.campcamp.com $685/person/week includes lodging, meals, and all activities.

---

1999 Capital Pride Festival June 11-13 Washington, DC. A celebration of the GLBT community and friends. A women's Dance, "Pride and Passion", Sat. June 12. Information 202-661-7026 or capitalpride@wwc.org or www.capitalpride.org

---

The Front Range Lesbian Families will host the first annual Family Games Day as part of Health Fest in City Park on Saturday, June 26. This day of fun is the first-ever event for gay families in the metro area. Family Games Day will include games and field events for lesbian and gay couples with children. It's about time we celebrate the value of healthy gay and lesbian families. Everyone is encouraged to participate. If you would like to help organize Family Games Day, please call Eric at 303-831-6268, ext. 11.

---

In association with Team Colorado, the Colorado Gay Vollyball Association and the Denver Front Runners, announce the first annual HealthFest to be held in City Park on Saturday, June 26, the day before PrideFest '99. As a key part of HealthFest, the Center is sponsoring the 1st annual Health Expo, a GLBT health fair featuring health and wellness organizations that promote a healthy lifestyle, including medical and mental health providers, massage therapists, and many more. For booth application and to volunteer, call Eric Rude at 303-831-6268, ext 11.

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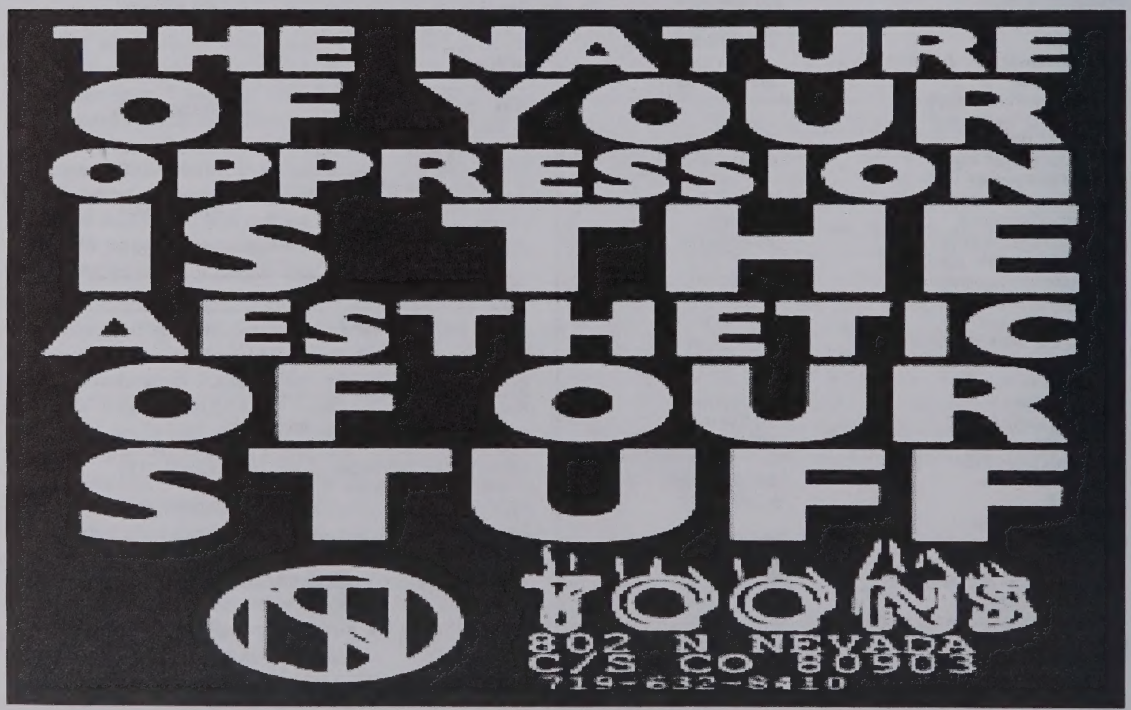

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719-634-3771
For EMERGENCIES pager #719-594-7775

Office hours:
Monday-Wednesday 1 p.m. to 9 p.m.
Thursday 9 a.m. to 5 p.m.

# HEY! THERE'S SOMETHING NEW IN COLORADO SPRINGS!

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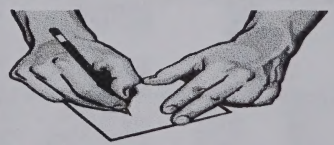
## COLORADO SPRINGS PRIDEFEST.

The date has been set for Colorado Springs Pridefest. Mark your calendars now for August 27-28-29th.

Musicfest that weekend has been expanded to two nights, Friday and Saturday, with the Pride Parade being held on Sunday. For further info, call the Helpline at 471-4429. More information will be published in the next issue of New Phazes.



## WANTED: WRITERS, POETS, JOKESTERS.

New Phazes is looking for contributors. If you have a short story, your original poetry, your favorite lesbian/bi/gay/transgendered jokes that you would like to see in our newsletter, please mail them to: New Phazes, PO Box 6485, COS, CO 80934-6485 or email them to: newphazes@juno.com

Linda Sutton, M.A.
counselor mediator consultant

*Love matters for lesbians and gays*

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Gay/Lesbian Rainbow List– www.rainbowPgs.com
Gay Interest News & Information– OUTdaily.com

# Womyn to Womyn

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**REAL ESTATE**
**Carolyn Cathey**
Century 21 Cornerstone
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**PERSONAL FINANCES**
**Shannon Scott**
North American Mortgage Co.
5450 Tech Center Drive, #400
Colorado Springs, Co 80919
719-535-7600

**THERAPY**
**Yvonne Foley, M.A.**
313 N. Tejon St. Suite #3
719-389-0221
Individual and Group Therapy

**Leslie Kingman, Ph.D.**
825 N. Weber Street
719-471-7837
Individuals, Couples, and Gay Family Therapy

**Linda Sutton, M.A.**
611 N. Nevada Avenue
632-0465
Lesbian Affirmative Psychotherapy for
Individuals, Couples, and Groups

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COLO SPGS, CO 80934-6485